

Edith A. O'Leary Senior Center

MEETING HOUSE ECHOES NEWSLETTER

2021 Volume 52

157 Park Street, North Reading, MA 01864
Third Meeting House Building on the Common

Dept. of Elder Affairs

Tel: 978-664-5600

Email Address

seniorcenter@northreadingma.gov

Senior Center Hours:

Mon.-Thur. 8am-4pm

Fri. 8am-1pm

Director

Mary S. Prenney

Administrative Assistant

Sherri Greer

Outreach Coordinator

Susan Tilton

Program Manager

Jean Fitzgerald

Van Driver

Bill Rasmussen

Public Health Nurse

Donna Hovey

Meal Site Managers

Brenda Bugden, Ron Visconti

Home Delivered Meals Driver

Bob Grady

Council on Aging Board

Andrea Gladu

Daniel Greenberg

Katherine McCabe-Scott

Liaisons

Sgt. Derek Howe, Police

Deputy Fire Chief

Barry Galvin

Selectman

Rich Wallner

Friends of the COA Officers

Hugo Wiberg III, President

Angela Mauceri, Vice President

Tom DeSwarte, Treasurer

Jean Fitzgerald, Secretary

Veteran's Agent

Susan Magner

COUNCIL ON AGING MISSION STATEMENT

The Council on Aging advocates for older adults by helping to meet their needs in areas of health, economic, social and cultural welfare. The Council encourages maximum independence and seeks to improve the quality of life for citizens of the Town of North Reading.

From the Director Mary Prenney

Our lives like our seasons are changing again.....most folks are fully vaccinated and are about to get back to normal as normal as one can be. Our time to be with family, friends and celebrate each other as special occasions are coming back slowly but surely....progress!!!!

I'm excited to say my life is about to change also....I will be retiring the first of the year as Director of Elder Affairs for Town of North Reading after almost 22 years and going on a new "life adventure" with my extraordinary husband of 48 years. It has been a privilege to work with so many wonderful colleagues. Most importantly for me it has been a true honor to help serve so many incredible-amazing older resident and their families that I have had the pleasure to meet throughout these many years.

I am leaving a very competent, caring, compassionate staff in place to serve our community. I am truly blessed to have had them by my side and I wish them and all of you happiness and good health!!!

Outreach Coordinator Susan Tilton

It has been long time coming to see our Seniors in the Center. Included in the newsletter is the listing of in-person events including: Exercise with Emma, Water Color Class, and Wii Bowling. There are some new classes offered for Tai Chi, Chair Dancing and Acrylic Painting.

The SHINE counselor is available during open enrollment and is meeting with people over the phone or at the Center with an appointment. Also a fuel assistance representative will meet with people the 1st Friday of the month until April. See additional information in the newsletter about both programs.

You read the letter above from Mary Prenney and her future retirement plans. I have known Mary for 15 years as a colleague and she is a very well-respected Director on the North Shore. She truly serves her entire community with such energy, compassion and joy. She has worn many hats on many boards and committees while living in town for 44 years. At the Center she is the best advocate looking out for everyone's well-being. She welcomes each person into the Center like it is her own home. I am happy to see her doing exactly what we encourage people to do and that is to live their life in their own way to find fulfillment. Now she can go to a Senior Center and enjoy programs that she finds of interest, take a new class, learn to play pickle ball, attend ballroom dancing or just find a quiet chair and read a book. The new Director will have a tough time filling her shoes or may have to wear sneakers to keep up with our Seniors. **We all would like to say Thank You for your dedication and wish you and your family well in your new season of life.**

DINING

Lunches To Go Starting in November, Wednesdays Noon to 1 p.m. Pick up lunch to go or eat at the Center. \$2.00 donation and reservations are required by Tuesday morning. Space is limited.

November 10th Turkey and Provolone Sandwich, Root Vegetable salad, Barley Raisin Salad, Fruit Mix.

November 17th Roast Beef and Provolone Sandwich, small Tossed Salad, Sweet Potato Salad, Fresh Fruit.

November 24th Chicken Salad Sandwich, Balsamic Vinaigrette Pasta Salad, Beet Salad, Fresh Fruit

Home Delivered Meals

Mystic Valley Elder Services

(781) 324-7705, Ext. 300

Senator Tarr's Office Hours: Richard Curran Community Outreach Specialist for Senator Bruce Tarr's office will listen to your concerns and answer your questions. Please call the Senior Center set up a time for a call from the Senator's Office.

Fuel Assistance aka LIHEAP (Low Income Home Energy Assistance Program) aid is available to pay a portion of winter heating bills for your primary heat source. Qualified payments will be made directly to the fuel provider.

Household Members	Maximum Income*
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751

You may qualify if the total annual gross income for all household members meets state and federal guidelines.

2021-2022 Income Guidelines

Applications accepted November 1st thru April 30th. Contact the staff at the Edith O'Leary Senior Center 978-664-5600 for more information.

New LIHEAP applicants must apply at Greater Lawrence Community Action Council's LIHEAP office. Call (978) 681-4950 During pandemic, procedures and processes are subject to change.

Free Movie Raffle

A winner will be drawn for a movie on DVD along with a goodie bag of movie snacks. Email your contact information to: seniorcenter@northreadingma.gov

TRANSPORTATION

Senior Center Van Transportation: The Van is available Monday thru Friday for in-town transportation, and is following Covid-19 guidelines. It is expected that all riders will wear a mask and remain physically distant from the driver and other passengers. If you would like information call the Senior Center to inquire about times of availability. 24 hour advance notice is required.

Snow Day Policy If North Reading School is cancelled then transportation and programs at the Senior Center will be cancelled for that day. If there is a delayed start to schools then the events for that day will be cancelled. It is always best to call the center if you have any questions. Staff will be in the building or retrieving messages remotely.

Need a Ride? Call TRIP: If you need to go places and you don't or can't drive, here's an easy solution. Designate a friend or neighbor as your TRIP driver and that person will take you wherever you need to go. As your designated driver, they will be fully reimbursed for the miles they drive you. So it's a win-win situation for everyone! To apply, contact MVES at 781-324-7705. Get out and enjoy life!

Ring & Ride of North Reading: Transportation service, (MVRTA) Merrimack Valley Regional Transit Authority, Also so known as the Ring & Ride of North Reading. This service is available only for North Reading 60 years or older residents exclusively for medical appointments to certain cities and towns. The van is wheelchair accessible.

Brochures for the Ring and Ride are available at the Senior Center and Town Hall. The brochure outlines how to make appointments, the 18 cities and towns included, and how much it will cost to get a round trip ride to your appointment.

Riders are responsible to make their own reservations at least 24 hours in advance by calling the Ring & Ride directly. MVRTA 978-469-6878 Option #3. Register Today! Please note that operations and locations for the MVRTA are subject to change during the pandemic. Call as soon as you can in advance of your ride to get the latest procedures and updates.

Renewing your License or Obtaining your Real ID: Massachusetts law requires drivers who are 75 years of age or older to renew in person. Hours 9 to 10 a.m. The RMV is still holding senior hours on Wednesdays for in-person business. Make a reservation with them online at [Mass.Gov/RMV](https://www.mass.gov/RMV) Or call directly RMV at 857-368-8005 Email the RMV for assistance to renew at MassDOTRMVSeniors@dot.state.ma AAA is also assisting members in-person in their local offices. Confirm an appointment time at aaa.com/appointments

Real ID deadline: Date Changed to May 3rd, 2023

IN-PERSON EVENTS

At the O'Leary Senior Center 157 Park Street

RESERVATIONS ARE REQUIRED

Space is limited due to social distancing requirements

MASK MANDATE IN ORDER

No Food to be shared or consumed in the building

Please bring a resealable bottled beverage or water

Exercise with Emma Palmer Monday and Fridays 9:00 a.m. to 10:00 a.m. Emma has been teaching a series of effective low-impact exercises that incorporate gentle stretching, toning and a great full-body workout. Emma has been teaching for 37 years. She encourages humor and people enjoy her light heartedness while exercising. Limited to 16 people. Free

Tai Chi Program from the Arthritis Foundation With Certified Thai Chi Instructor Sherri Browning Tuesdays 10 a.m. to 11 a.m. November 9th to December 14th Developed by Dr. Paul Lam, this workshop uses gentle Sun-style Tai Chi routines that are safe, easy to learn, and suitable for every fitness level. The ancient discipline of Tai Chi combines agile steps, joint-safe exercise, and mental strength to improve mobility, breathing, and relaxation in ways that help you feel greater control over your daily life. *6 weeks, 1 hour sessions.* Limited to 12 people. Free

Chair Dancing with Jan Spillane Wednesday 10:00 a.m. to 11:00 a.m. Jan is certified as a Music Therapist, Yoga Instructor, and Dementia Practitioner. She offers fun, multisensory classes for seniors including chair dancing, chair drumming. These programs are creative, fun and employ proven music therapy methods for generating lots of enthusiasm, movement, joyful emotions and cognitive processing. The classes will get your heart rate going and they are uplifting as well inspiring. This is an introductory class and you can try both dancing and drumming. The class will be offered ongoing. Limited to 16 people. Free

Acrylic Paint Day with Raquel Palermo: Monday November 15th 1:00 p.m. to 2:30 p.m. Create a step-by-step acrylic painting. Raquel Palermo will guide participants to paint a picture. Palermo's passion is painting and she loves to teach. No painting experience needed— beginners are welcome. The cost is \$20 per person. Payment is due at registration. Limited to 10 people.

Watercolors with Bill Duke one Tuesday a month 1:00 p.m. Bill has been teaching at the Center for years. Join in and paint a water color scene. All you need for the class is the desire to have some creative fun. No previous painting experience is necessary. The lesson is \$20 per person. Limited to 10 people.

Laura Miranda, LMHC, from the North Reading Police Department and Community Impact Team, Thursday December 16, 11:00 a.m. to noon for a discussion on identifying and expressing gratitude this season. If you are interested in joining the workshop call the Center. The meeting is open to all ages community wide, however space is limited to 16 people. Free

Amy Luckiewicz, Community Impact Team and Drug-Free Communities Grant Coordinator Thursday January 6th 11:00 a.m. to noon for an in-person discussion on Marijuana and CBD. If you are interested in joining the workshop call the Center. The meeting is open to all ages. Limited to 16 people. Free

AAA The Real ID December 15th 1:00 p.m. Presentation on how to apply and explanation of new requirements. You don't have to be a member of AAA to attend. Limited to 16 people. Free

Project Linus 1st Friday of the month, Starting November 5th new time 11:00 a.m. Knitters and others meet to make blankets for donation to Project Linus. Limited to 12 people. Free

IN-PERSON EVENTS

Continued

Wii-bowling can be great fun for most any age. It's not hard to play, but can still be challenging for even the most accomplished bowlers. The object of Wii-bowling is to knock down the pins. You get two tries per frame just like real bowling. All the scoring is the same too. Wii Bowling is an electronic version of regular bowling put out by the company that created video games for several Wii Sports. You can do it sitting down, standing still or making all the regular body motions with bowling. It just requires learning how to flick the remote while releasing the button to roll the ball down the lane. Space is limited to 12 people. Free

Annual Thanksgiving Celebration

Sponsored by

Representative Brad Jones & his wife, Linda, along with Senator Bruce Tarr

Sunday November 21st

1:00 – 2:30 p.m.

Drive Thru Holiday Bag Pick up

Hillview Country Club

Reservations Required

By Wednesday Nov 17

Call the Center 978-664-5600

The Friendship Line

Friendship Line by the Institute on Aging is a 24-hour toll-free accredited crisis line, for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults. Friendship Line offers to respond to the public health problem of suicide among the elderly. Knowing that older people do not contact traditional suicide prevention centers on a regular basis even if they are considering suicide, we created the only program nationwide that reaches out to lonely, depressed, isolated, frail and/or suicidal older adults. Our trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.

The Friendship Line was founded in 1973, both as a crisis intervention hotline and a “warmline” for non-emergency emotional support calls. In addition to receiving incoming calls, Friendship Line also offers outreach to eligible callers. We connect with people on a regular basis, and help monitor their physical and mental health concerns. The call-out services act as an intervention by improving the quality of life and connectedness of isolated callers. Any aging adult or person living with disabilities, who suffers from depression, loneliness, isolation, anxiousness, or may be thinking about death or suicide, can benefit from completely confidential phone calls with Friendship Line volunteers. Sometimes the road to happiness begins by simply saying hello to someone who cares.

24-Hour Hotline/Warmline

Available 24 hour a day 7 days a week:

Crisis Intervention

Emotional Support

Well-Being Check-ins

Information and Referrals

The Friendship Line 24 Hour Hotline/Warmline

1-800-971-0016

Mystic Valley Elder Services 781-324-7705 is a non-profit agency which partners with elders, adults living with disabilities, and caregivers. We are here to help you find what you need to live the way you want.

We work one-on-one with older adults (60+) and adults of all ages living with disabilities to connect you to services that support your health and independence. We provide care management, coordinate services, and refer you to appropriate health care and home care providers. Call MVES 781-324-7705

Medicare Annual Open Enrollment October 15 – December 7. You will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one. Call the Center to meet with the SHINE Counselor, appointment times are limited.

SHINE Serving Health Insurance Needs of Everyone, a trained SHINE counselor will offer free, confidential counseling about health insurance choices for Medicare beneficiaries, on a remote basis over the phone or make an appointment with the SHINE counselor here. The counselor is available on Thursdays 9 a.m. to Noon. Please contact the Senior Center 978-664-5600.

CodeRED program Keeping citizens informed. The system will be used to send critical communication to all residents of North Reading. The calls will go to your landline and cell phone. You are required to sign up to get the notifications. There are forms available at Police and Fire Department and you can go online to register. Go to www.nrpdpd.org and follow the links to the police department and find the link to CodeRed.

SCAMS SCAMS SCAMS and more SCAMS. Please report scams to the North Reading Police Department **978-664-3131**. The Police want you to call even if the scammers didn't get you to commit to giving them money or information. The Police track scammers and trends. The FBI reported over 2300 seniors were victims, totaling over 20 million dollars in losses for Massachusetts seniors.

You may be home alone, however you are not alone if you got taken. If it's too good to be true, then it's not for you! Just hang up and call the North Reading Police.

Are you a North Reading Veteran or a surviving spouse of a veteran? Please introduce yourself to the Veteran's Agent, Sue Magner, Retired Sergeant, United States Air Force. Sue's office hours are Mon. – Thurs. 8:00 a.m. to 4:00 p.m. and Friday 8:00 a.m. to 1:00 p.m. **978-357-5212**

Exercise Classes on Public Access Channels Comcast Channel 8, Verizon Channel 26, **Exercise with Emma** on Monday, Tuesday, Wednesday, Thursday at 9:30 a.m. Fridays it might start at 9:37 due to programming. **B.E.S.T. with Pat** is on Tuesday, Wednesday and Thursday 8:30 a.m. Both the exercise classes new and old are offered on NorCam's Youtube Channel. You can play them on the computer whenever you like.

50+ Job Seeker is a networking group that meets regularly to participate in workshops. Our mission is dedicated to unemployed, and underemployed people re-entering the workforce after an employment gap or looking for a Second Act career. Registration is Required. Contact: Susan Drevitch Kelly, Program Director at susan@sdckelly.com Or call at 781-378-0520.

Council on Aging Board Members Needed: The Board is currently looking to fill vacant seats. This is an advisory Board that works with the Director of the Senior Center. They meet once a month at the Center or on Zoom during Covid. If you are interested, address your letter to: Town Administrator Michael Gilleberto 235 North Street North Reading MA

File Of Life is a magnetic folder that allows you to fill out an information sheet that contains: Who to contact in case of emergency, what medical conditions exist, are there any allergies, and current medication list. First responders are trained to look for the folder which is the color red and stored on the refrigerator. They want to be able to get you the fastest care in an emergency. If you have a file and need a new sheet to fill out, contact the Center. Also if you need a File Of Life contact the center. The files have been made available through a grant with the Community Impact Team.

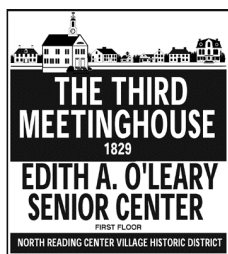
From the Massachusetts Office of Elder Affairs

MassOption is Options Counseling is a free service. It can help an older person, an adult with disability, their family members or caregivers make decisions on supportive services. Finding help with household chores, transportation, nutrition and medication management.

The choices can feel overwhelming trying to decide to: move in with family, enter a nursing home, moved to assisted living facility, or remain home with help.

Options Counselors can provide information on the range of resources available and ensure you or your family member understand and know the options. Start with a phone call and you can meet over the phone, in person or with internet.

To speak with an options Counselor in your area call toll free at MassOption 1-800-243-4636



NORTH READING ELDER AFFAIRS
157 PARK STREET
NORTH READING, MA 01864

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Address Service Requested

The distribution of this Newsletter is made possible by a Formula Grant and the Executive Office of Elder Affairs

“Thank You”

- Union Congregational Church for allowing the Center to use your hall for Tai Chi Class.
- Mystic Valley Elder Services for helping our seniors stay safe at home. Also for offering the on going educational class both in person and on Zoom.
- Melrose Wakefield Hospital for doing the Healthy Aging Classes and offering engaging Zoom sessions for our local communities.
- Winchester Hospital for providing a grant to fund our Mental Health and Wellness Classes.
- Community Impact Team for providing the mental health and wellness programs.
- Thank you to all that have been vaccinated in keeping the community safe – **KEEP UP THE GOOD WORK!!!!**
- Neighbors for helping Neighbors

Stay in touch and informed: Visit the Town of North Reading's Web Page under Departments and Elder Affairs. Check the weekly **North Reading Transcript** for the articles and programs being offer at our Senior Center.

North Reading Food Pantry located next to the Union Congregational Church at 150 Haverhill Street. Hours are Mondays 9:30 – 11:00 a.m., and in the evening on the 1st and 3rd Monday 6:30 – 8:00 p.m. You are welcome to use the pantry if you are a resident of North Reading or attend a North Reading place of worship. Please bring an ID and proof of residency, such as a utility bill, with you at your first visit. The food pantry is currently doing the shopping and it is a touchless process with the volunteers picking the orders and handing them off to the clients. Masks are required during Covid. For information call 978-276-0040

www.nrfoodpantry.org or nrfoodpantry@gmail.com

SNAP Supplemental Nutrition Assistance Program, (formally known as Food Stamps) is our country's most powerful nutrition program. Every person who applies for SNAP— and is eligible— will receive it! Once enrolled, you will receive a monthly cash benefit on an EBT card that can be used just like a debit card for food shopping. For more information call 1-800-645-8333 Hotline Hours Monday Friday 8 a.m. - 7 p.m.

www.mass.gov/topics/food-assistance Questions call the Senior Center at 978-664-5600



**North Reading
Elder Services**

Do you have a Favorite Family Recipe and would like to share the recipe and the story behind it. Mail it to the Center or email to seniorcenter@northreadingma.gov